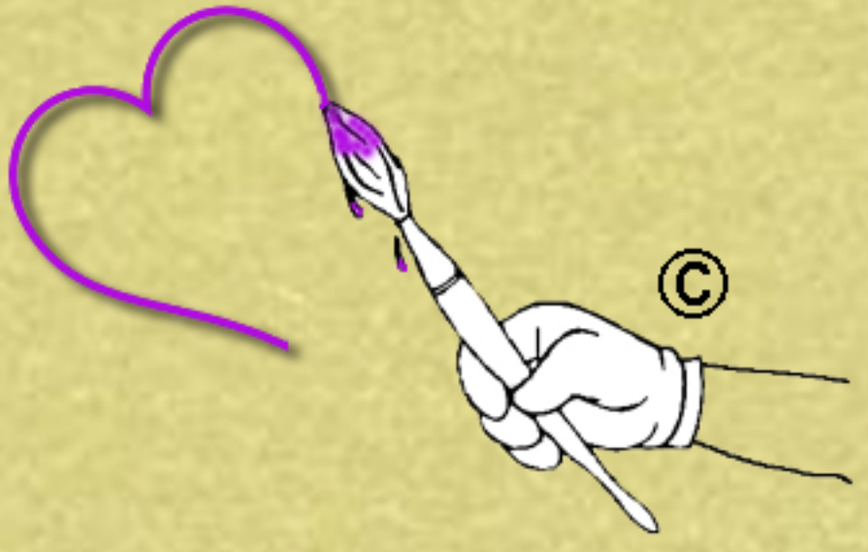
Learning to Love



A seminar with Lionel Hartley, PhD

**Transcript, PowerPoint® Slides,
Handouts, Gift-wrapping Paper, Etc**

SLIDE 1 Title Slide

SLIDE 2 Quotation

The greatest thing that you will ever experience is to be loved and the greatest thing that you will ever learn is how to love.

Love is a learned behaviour.

There is a great reward in learning to love. Watch this

Overlay: Video

Slide 3 – Seminar author

If you don't learn how to love, someone will surely teach you how to hate.
Are you the perfect lover, parent, companion, friend, spouse, neighbour, workmate?
Right now is the time to start really "Learning to Love". And this includes me as I'm still learning new ways to love.

In this seminar & Workshop, we will provide forty comprehensive proven relationship utensils to enable you to truly love and to be loved.

Dr. Allan Fromme in his book, 'The Ability to Love' wrote, "We all have a greater capacity for love than we make use of, and we all have many more loves than we are aware of. Every one of us has many loves, even those who are, by all the evidence, lovely and emotionally impoverished.
Not all these loves are other human beings. When we define love as an attachment, we begin to realise how many loves we have."

Love is not the answer to everything, but it creates a climate of security in which we can seek answers to those things that bother us. In the security of love, two people can discuss differences without condemnation.

The 'Learning to Love' little green booklet was condensed from a much larger work that I wrote in 1976. I have taken out the extensive comments and quotes for each of the thirty biblical ways to love and reduced it down to the Bible verses.

We will start our seminar today be expanding on this handout. I hope that you have had the opportunity to glance through it and that you will find the inclination to read through the handout thoroughly as your homework.

Take out your supplement found loose in the back of your green booklet. This will be your program guide for today starting with number 31. When we get to number 38 we will have a practical hands-on workshop together.

Let's start with

Slide 4

Learning to Love Lesson **31: Encourage without flattery**
Perhaps the easiest way to grow a healthy relationship is to offer encouragement. The actress Celeste Holm once said, "We live by encouragement, we die without it, slowly, sadly and angrily." This is similar to a statement by Steve Sonderman who wrote, "Without encouragement we shrivel and die."

Jean Nidetch, a 96 kilogram homemaker desperate to lose weight, went to the New York City Department of Health, where she was given a diet devised by Dr. Norman Jolliffe. Two months later, discouraged about the 20 plus kilograms still to go, she invited six overweight friends home to share the diet and talk about how to stay on it. Today, over 30 years later, one million members attend 250,000 Weight Watchers meetings in 24 countries every week. Why was Nidetch able to help people take control of their lives? To answer that, she tells a story. When she was a teenager, she used to cross a park where she saw mothers gossiping while the toddlers sat on their swings, with no one to push them.
"I'd give them a push," says Nidetch.
"And you know what happens when you push a kid on a swing? Pretty soon he's pumping, doing it himself. That's what my role in life is—I'm there to give others a push."

Encourage with a good word, as a good word costs no more than a bad one. And do avoid the flattery. An old tongue twister is worth remembering: Tongue double brings double trouble on the double.

Slide 5

Learning to Love Lesson **32: Keep confidences without gossipping**
Sadie and Bessie Delany in the 'Christian Reader' magazine wrote, "Know when to keep quiet. When we decide something is private, we'll say it's 'graveyard talk.' That means it's between you and me and the tombstone."

An Arabian Proverb reminds us that, "A friend is one to whom one may pour out all the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness blow the rest away."

Slide 6

Learning to Love Lesson **33: Forgive without punishing**
Forgiveness is not natural. It seems to be more natural to carry a grudge; to record all wrongs in red on a legal pad in our minds; to think of ways of getting back at those who hurt us. Yet the Bible is clear in its instruction. As we have experienced forgiveness from God we are to forgive others.

Gordon MacDonald in his excellent book 'Magnificent Marriage' wrote, "We lay the foundation for vulnerability when we establish within our marriage that acts of the past and the facts of the present will not necessarily be held against us in the future."

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Learning to Love Lesson **34: Spend time together without keeping a record of it**
Theophrastus wrote, "Time is the most valuable thing a man can spend." –

Ben Hecht in his book '*Charlie'* wrote, "Time is a circus, always packing up and moving away."

Once a housewife asked her husband if he minded escorting her out to the garbage can. He asked why she would make such a silly request. She replied, "I just want to be able to tell the neighbours that we go out together once in a while."

Let me tell you the true story of a certain mother and her son. The father had died when the boy was young. The mother and son had a very unique relationship. This was back before television, and folks would spend evenings listening to the radio or reading to one another. They both enjoyed listening to good music. Theirs was a special relationship.

In his early twenties, he met a young woman at the church, fell in love with her, and they decided to be married. Back then, during World War II, housing in our large cities was very difficult to get. The mother, knowing they wanted to be married, said, "We have a two-story house. I can make an apartment for myself in the second story. You and your bride can live in the first story. The only thing I ask is that we get a chance to spend some time together because I'm going to miss the reading and the music."
Her son said, "Mother, you can be sure of that. It's too important to me."

The couple married. For a while, life continued with the son stopping by a couple of times a week to spend some time. He was busy, and eventually days and actually weeks went by with only a call from downstairs or a brief glimpse. The relationship was not what it had been.
On the mother's birthday, the young man bought his mother a lovely dress, brought it to her, and said, "Happy birthday, Mother."
She opened the package and looked at the dress. "Oh, Son, thank you. I appreciate so much what you've done."
He said, "Mother, you don't like it."
She said, "Oh, yes, I do. It's my colour. Thank you."
He said, "Mother, I have the sales slip. They tell me I can take it back."
She said, "No, it is a lovely dress."
He said, "Mother, you don't fool me. We've been together too long. What's wrong?"

The woman turned and opened her closet. She said, "Son, I have enough dresses there to last me for the rest of my life. I guess all I want to say is that I don't want the dress as much as I want you."

The essence of spending time together is making the time. Couples who spend a lot of time alone grow lonely. Couples who spend a lot of time apart grow apart. Couples who spend a lot of time together grow together.

Slide 8

Learning to Love Lesson **35: Comfort with compassion not sympathy**
Sympathy is demeaning. Jesus never gave people sympathy. He wept with those who wept; He laughed with those who laughed. But He never said, "Oh, you poor thing. Isn't it awful?" When people are feeling sorry for themselves, we are to lovingly support them as they examine the possibilities for changing their situation or their attitude.

Queen Victoria was a close friend of Principal and Mrs. Tullock, of St. Andrews. Prince Albert died and Victoria was left alone. Just at the same time, Principal Tullock died and Mrs. Tullock was left alone. Quite unexpectedly, Queen Victoria came to call on Mrs. Tullock when she was resting on a couch in her room. The Queen stepped forward. "My dear," she said, "don't rise. I am not coming to you today as a queen to a subject, but as one woman to another who has lost her husband."

Once a young couple lost their only child, a beautiful three-year-old daughter, as a result of a freak accident. Unable to justify this tragedy with their concept of a loving God, they went to their minister for help. "Why?" they asked. "It was God's will," the preacher told them.
The couple just couldn't accept that the passing of their little daughter could somehow serve God's will, and they sought out another preacher friend. He quoted yards of Scripture, trying to give them comfort, but his verses fell on deaf ears.

Finally, the young couple turned to a frail elderly woman in their church. Surely, she could give them a reason for the child's death, but the old woman didn't utter a single word. Instead, she tenderly wrapped her arms around the heartbroken couple's shoulders, and together they cried the hurt away. Sometimes when theological answers are not easy to the complex misfortunes of life, perhaps we just need to hush our babblings. Sometimes when answers aren't easy, our best statement is silent caring.

Slide 9

Learning to Love Lesson **36: Pray without ceasing**
From a very young age, my mother taught me that the family that prays together, stays together.

The author Jody Capehart tells us that she frequently uses 1 Thessalonians 5:17 to encourage her Sunday School children to "pray without ceasing." One day after chapel, a young boy said, "Mrs. Capehart, I am sorry I sneezed during your prayer today."

She assured him sneezing was no problem but she appreciated his apology. He responded, "Well, I know you like us to pray without sneezing."

John Wesley wrote “God's command to ‘pray without ceasing’ is founded on the necessity we have of his grace to preserve the life of God in the soul, which can no more subsist one moment without it, than the body can without air.”

Slide 10

Learning to Love Lesson **37: Remember the precious moments**
Cesare Pavese observed that ‘We don't remember days; we remember moments.’

Make the moments count.

Jane Schmidt in the ‘Christian Reader’ magazine wrote, “One Saturday morning I awoke to the delightful smell of waffles and the sound of our two small boys in the kitchen with my husband. Padding down to breakfast, I sat down on my husband's lap and gave him a big hug for his thoughtfulness. Later that day, we were having a heated ‘discussion’ in our bedroom when our four-year-old, Jacob, stopped us in mid-sentence. Standing in the doorway, he said, ‘Mommy, try to remember how you felt when you were on Daddy's lap.’”

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Learning to Love Lesson **38: Know the other’s love language**
I’m going to read this Scripture passage as it sums up our entire seminar in a single paragraph.
So this is my prayer: that your love will flourish and that you will not only love much but well. Learn to love appropriately. You need to use your head and test your feelings so that your love is sincere and intelligent, not sentimental gush. Live a lover’s life, circumspect and exemplary, a life Jesus will be proud of: bountiful in fruits from the soul, making Jesus Christ attractive to all, getting everyone involved in the glory and praise of God. (Philippians 1:9-11 From The Message)

Most of us grow up learning the language of our parents, which becomes our native tongue. Later we may learn additional languages, but usually with much more effort. In the area of love, it’s similar. Your emotional love language and that of your spouse or children may be as different as Chinese is from English – no matter how hard you try to express love in English, if the other person only understands Chinese, you’ll never understand how to love each other.

Seldom do a husband and wife, parent and child or teacher and pupil have the same primary love language. We tend to speak our primary love language and become confused when the other person doesn’t understand what we’re communicating. Once we identify and learn to speak the other person’s primary love language, we’ll have discovered the key to a long-lasting, loving friendship or marriage.

Slide 12

Dr. Gary Chapman, the author of 'The Five Love Languages' says,
"We're not talking comfort. We're talking love. Love is something we do for someone else. So often [people] love one another but they aren't connecting. They are sincere, but sincerity isn't enough."

One of the secrets to lasting love in any relationship is to learn to speak the love languages.
There are five – you have a handout with these in summary form:

1. Words of Affirmation: words that express value toward another. These are powerful expressions of love. They include verbal compliments (not flattery), words of appreciation, words of encouragement, and kind words (this has to do with the manner in which you say things).
Gladys Berthe Stern wrote, "Silent gratitude isn't much use to anyone."

2. Quality Time: giving the other person your undivided attention, listening, reflecting back, and learning about the other through the conversation. It could happen when while taking a walk, while eating dinner, or driving to church. It's about being together (no matter where that is) and spending that time talking and listening to each other.
One of the greatest enemies that we can ever face in life is the illusion that there will be more time tomorrow than there is today to do these things.

3. Giving/Receiving Gifts: as a love language, this is when we give a gift as a token that we've been thinking of the other person. When they hold that gift in their hand, they will be thinking, "Wow he or she remembered me". And it shouldn't matter how expensive or inexpensive the gift. Gifts do not need to be expensive…they can be made. Sometimes they are more meaningful when they are made. The important part is that the gift was given to communicate that "I was thinking about you when I took the time to buy or prepare this gift for you".

Birdie Yager in her book *'The Secret of Living is Giving'* wrote, "It is sometimes the inexpensive little acts of love that keep the spark of romance alive."

One lady, distraught that her husband had forgotten her birthday and had no gift for her, demanded before going to bed that the next day she expected a gift. "It must be new, shiny and go from 0 to 100 in less than sixty seconds". Sure enough, the next day he bought her a set of bathroom scales.

Listen to this writer whose article appeared in the Arkansas Democrat: "Woman are very touchy about certain gifts, as I discovered years ago after buying my girlfriend a catcher's mitt for her birthday. It seemed to me to be a particularly thoughtful gift, especially since she claimed not to be getting enough physical exercise. But apparently she didn't see it that way. The minute she unwrapped it, she ran sobbing from the room.

"At first, I thought those were tears of joy streaming down her face. I figured she was overwhelmed at being the first in her crowd to have a catcher's mitt, that sort of thing. Or I figured she was so excited she couldn't wait to get outside and work on her throws to second base. But when she didn't return after a few hours I got the hint.

"Here I'd spent all that time running around from one sporting goods store to the next trying to find the perfect gift. I mean, we're talking the Johnny Bench model here; top of the line. And she calls me insensitive. I mean, you'd think I gave her a year's subscription to Field and Stream or a box of shotgun shells, which everybody knows should be saved for Christmas stocking stuffers. Personally, I think she just had a lot of anger in her and took it out on me. Not that I'm trying to play amateur psychologist or anything."

4. Acts of Service: this is doing things you know your spouse or significant other would like you to do…with a positive attitude. This could be anything from cooking a meal, to washing the dishes, to pulling hair out of the bathtub drain, to washing the car.
The act of service is done willingly with the other in mind. If someone's love language is acts of service, they will always tend to see words as "meaningless and empty" unless they are acted out meaningfully.
This is different from being a "house servant" to your spouse or children. You can "serve" the other for years, but be doing it out of guilt, fear, and even manipulation (to get something in return) is not in the spirit of this love language.

5. Physical Touch: there is overwhelming research to show that physical touch is a powerful way of communicating love and affection. Babies are living proof of that. Put any child in an environment where there is no affectionate physical contact, and you will starve the child emotionally.
For younger and older adults, and in particular for married couples, physical touch – hugging, holding hands, kissing, sexual intimacy – are some of the more obvious ways of communicating emotional love.

Someone has said, “Love is what makes two people sit in the middle of a bench when there is plenty of room at both ends.”

A man visited Tiffany's jewellery store in New York City. He was shown a magnificent diamond with its gleaming yellow light and many other splendid stones. But he observed one stone that was perfectly lustreless and said, "That has no beauty about it at all." The friend who was with him put the stone in the hollow of his hand and held it there for a few minutes. When he opened it, the man said, "What a surprise! There is not a place on it the size of a pinhead that does not gleam with the splendour of the rainbow. What did you do with it?" His friend answered, "This is an opal. It is what we call a sympathetic jewel. It only needs contact with the warm human hand to bring out its wonderful beauty."

How many are those whose love language cries out for the warm touch of a fellow human to make them gleam with opalescent splendour.

The author Scott Bolinder wrote, “When my mother, the obvious sensitive one, would disintegrate into tears for whatever reason, my father would simply hold her and let her be. In a less obvious way, I learned that sensitivity could mean responding with a strong, silent, perhaps even bewildered embrace.”

Out of the five love languages, each of us has a primary one. Our primary love language is the way our emotional need for love is met most effectively. It’s the way our emotional love tank gets filled.

When you show love, do you do things that you like? Or, do you show love in ways that are preferred by the person you are showing love to?
Often times we give love in the way we want to receive it. But if our primary love language differs from the others, then he or she may not recognize it as an expression of love.

Determining Your Own Love Language (See handout)

Slide 13

We have six different assessment tools available.
Firstly discovering your own love language. You will find this one in your handouts.
We will look at this first – it is a simple tool that we will repeat in more detail soon in greater detail.

The easiest way to begin discovering our love language is by asking ourselves, “Which of these actions, when applied to me, makes me feel most loved?”

Often we find ourselves speaking what we need. So therefore another way to discover our own love language is by asking ourselves these questions:
How do I express love to others?
What do I complain about the most?
What do I request most often?

Speaking in another's love language probably won't be natural for us unless we have the same love language ourselves.

We are going to have some exercises now in discovering our own and each other's love language.
And then practicing putting this into practice.

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Application

Slide 14
Then we have five other assessment tools: One for husbands, one for wives, one for children, one for teens and one for anyone who does not fit any of those categories.
If you are not currently in a relationship try to imagine how you would like to be treated if you were in a relationship. Or think about how you like to be treated by family members and close friends.

I'll give you a couple of moments to collect the one most relevant to your current situation and then please return to your seat and start filling it in.
On each sheet there will be options laid out in groups of two. Select the one you prefer most of your two options, the one that fits the best right now. Circle the letter next to the option you most prefer.

Activities:

Slide 16

Love Language #1 – Words of Affirmation

Slide 17

Activity: Watch the video clip

Slide 18

Discuss as a group ways to demonstrate this love language.
Write your notes overleaf.

Slide 19

Love Language #2 - Quality Time

Slide 20

Activity: Watch the video clip

Slide 21

Discuss as a group ways to demonstrate this love language.
Write your notes overleaf.

Slide 22

Love Language #3 – Receiving Gifts

Slide 23

Activity: Watch the video clip

Slide 24

Discuss as a group ways to demonstrate this love language.
Write your notes overleaf.

Slide 25

Love Language #4 – Acts of Service

Slide 26

Activity: Watch the video clip

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Slide 27

Discuss as a group ways to demonstrate this love language.
Write your notes overleaf.

Slide 28

Love Language #5 – Physical Touch

Slide 29

Activity: Watch the video clip

Slide 30

Discuss as a group ways to demonstrate this love language.
Write your notes overleaf.

Slide 31

Summary video clip

Slide 32

Hands up those who have a partner whose Love Language is receiving gifts.
(Hand out wrapping paper)

Slide 33

Now back to our booklet supplement – you will see we still have two biblical ways to love:

Learning to Love Lesson 39: Be faithful unto death.
D. H. Lawrence (of all people) wrote that, “The instinct of fidelity is perhaps the deepest instinct in the great complex we call [intimacy]. Where there is real [intimacy] there is the underlying passion for fidelity.”
In 1883 the US Marines adopted the slogan: Semper Fidelis, a Latin phrase meaning "Always Faithful." For the Marines, it's more than a motto; it's a way of life, and it expresses the commitment they feel toward our country and each other. That's why there are no ex-Marines, only former Marines.
"Semper Fi" should be the slogan for every successful relationship.
Paul Morrison wrote, “The difference between Loyalty and Disloyalty is not D-I-S but L-O-V-E.”

IF TIME:

Ah, love, let us be true
To one another! for the world, which seems
To lie before us like a land of dreams,
So various, so beautiful, so new,
Hath really neither joy, nor love, nor light,
Nor certitude, nor peace, nor help for pain;
And we are here as on a darkling plain
Swept with confused alarms of struggle and flight,
Where ignorant armies clash by night.
- Matthew Arnold

Author and business leader Fred Smith writes: One of my treasured memories comes from a doughnut shop in Grand Saline, Texas. There was a young farm couple sitting at the table next to mine. He was wearing overalls and she a gingham dress. After finishing their doughnuts, he got up to pay the bill, and I noticed she didn't get up to follow him. But then he came back and stood in front of her.

She put her arms around his neck, and he lifted her up, revealing that she was wearing a full-body brace. He lifted her out of her chair and backed out the front door to the pickup truck, with her hanging from his neck. As he gently put her into the truck, everyone in the shop watched. No one said anything until a waitress remarked, almost reverently, "He took his vows seriously."

Slide 34

Optional Activity
What can we do to maintain fidelity in our relationships (friendships, marriage, etc.)
How to Preserve a Husband (Based on recipe for preserving pickles)

Be careful in your selection.

Once selected, give your entire thoughts to preparation for domestic use.

Some wives insist upon keeping them in a pickle, others are constantly getting them into hot water. This makes them sour, hard, and sometimes bitter.

Even poor varieties may be made sweet, tender and good, by garnishing them with kisses, wrapping them in a blanket of love, keeping them warm with a steady fire of domestic devotion, and serving with peaches and cream.

Thus prepared they will keep for years!

Slide 35

Learning to Love Lesson 40: Never stop loving... You will find Colossians 3:14 and 1 Corinthians 13:8 in your handouts. However here is another verse to round of our program today: (Proverbs 3:3) Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

Slide 36

Question time

Overlay: Housekeeping

Overlay: Afternoon tea

Slide 37

Afternoon tea

Slide 38

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Learning to Love

with Lionel Hartley, PhD



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a FREE Seminar/Workshop

Learning to Love
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Welcome



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1



Learning to Love

- Let your love be like the misty rain, coming softly, but flooding the river.
  - African Proverb.



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2

Who is your seminar author?

Celebrating Fifty Years of Seminars 2015



Lionel Hartley, author, radio broadcaster, public speaker and retired sociologist. He was a Lifestyle Educator and Family-life Counsellor for three decades. He is a grandparent, married to Rosemary (40+ years) with three grown children.



We welcome your participation in today's seminar. Time will be allowed at the end for your questions.

Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (Psy, PsyPaed, Admin, Nutn), Dip Bus Law, Dip Econ, Dip Accy, BA (Lit), MA, PhD [etc.]

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3

Learning to Love Lesson 31

Encourage without flattery

- (1 Thessalonians 5:1) Therefore encourage one another and build up each other.

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Learning to Love Lesson 32

Keep confidences without gossipping

- (Ecclesiastes 3:7b) A time to keep silence, and a time to speak.
- (Proverbs 17:27, 28 NRSV) One who spares words is knowledgeable; one who is cool in spirit has understanding. Even fools who keep silent are considered wise; when they close their lips, they are deemed intelligent.

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Learning to Love Lesson 33

Forgive without punishing

- (Colossians 3:13, 14) Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony.
- (Isaiah 43:18) Remember ye not the former things, neither consider the things of old.
- (Hebrews 10:17) And their sins and iniquities will I remember no more.

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6

Learning to Love Lesson 34

Spend time together without keeping a record of it

- (1 Corinthians 7:5) Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again.

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Learning to Love Lesson 35

Comfort with compassion not sympathy

- (Colossians 3:12) As God's chosen ones, holy and beloved, clothe yourselves with compassion…
- (1 Thessalonians 5:11) Wherefore comfort yourselves together, and edify one another, even as also ye do.

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Learning to Love Lesson 36

Pray without ceasing

- (James 1:5) If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.
- (1 Thessalonians 5:17-18) Pray without ceasing, give thanks in all circum-stances; for this is the will of God in Christ Jesus for you.

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Learning to Love Lesson 37

Remember the precious moments

- (Deuteronomy 8:18, 32:7) Remember the days of old
- (Psalms 20:7) Some trust in chariots, and some in horses: but we will remember the name of the LORD our God.
- (Psalms 105:5) Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth.
- (Psalms 143:5) I remember the days of old

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Learning to Love Lesson 38

Know the other's love language

- (Philippians 1:9-11 From The Message) So this is my prayer: that your love will flourish and that you will not only love much but well. **Learn to love appropriately.** You need to use your head and test your feelings so that your love is sincere and intelligent, not sentimental gush. Live a lover's life, circumspect and exemplary….

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Learning to Love Lesson 38

Know the other's love language



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12

Determining Your Own Love Language

Learning to Love

Method 1

- Which of these actions, when applied to me, makes me feel most loved?



Method 2

- How do I express love to others?
- What do I complain about the most?
- What do I request most often?

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Love Languages

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Assessment Application



The Five Love Languages

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Love Language Profiles

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Husbands, Wives, Teens, Children, Others



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Video clip was inserted here

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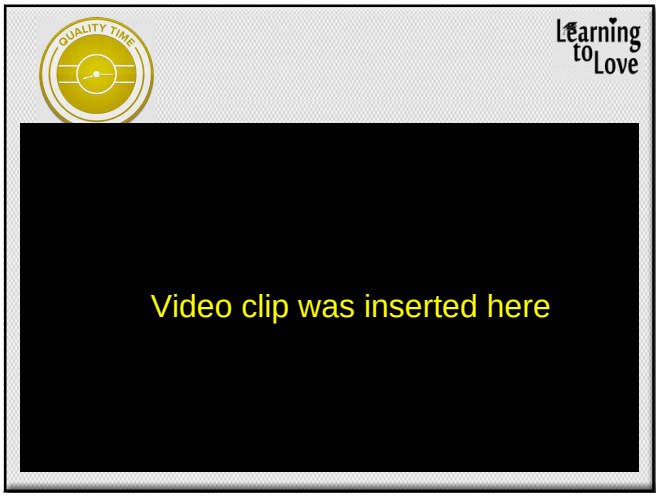
Learning to Love



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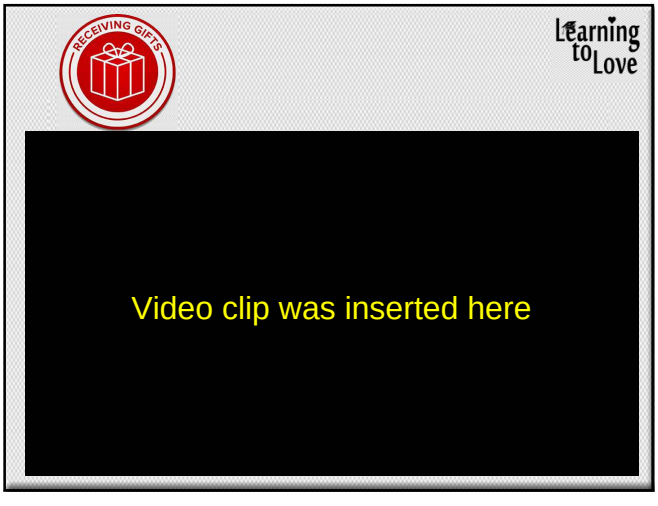
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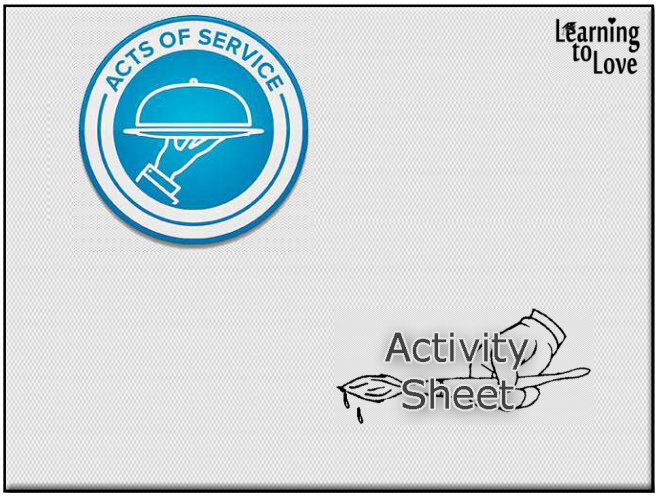
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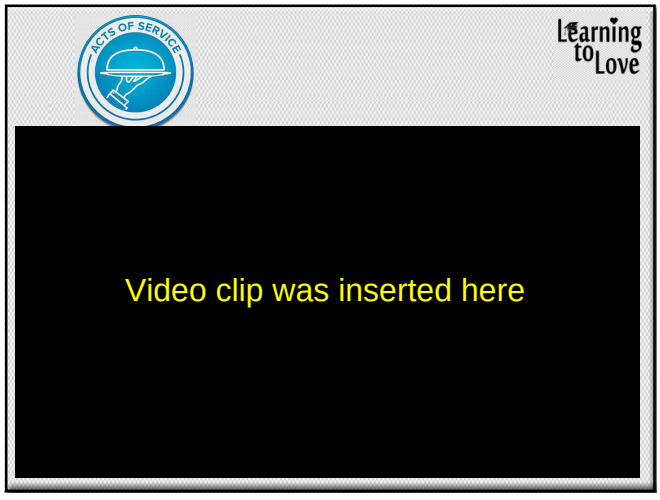
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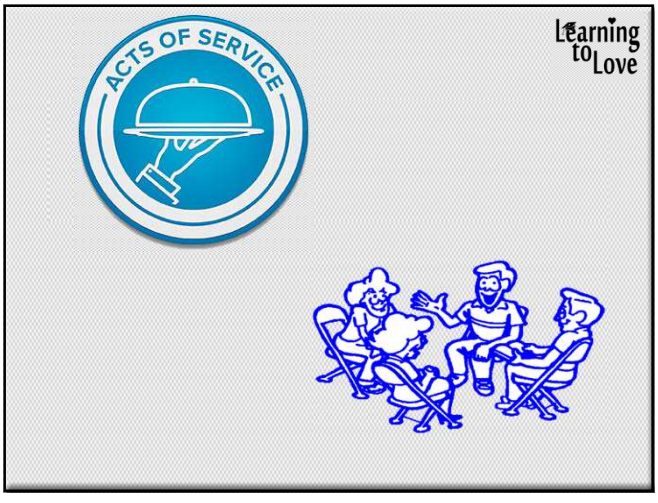
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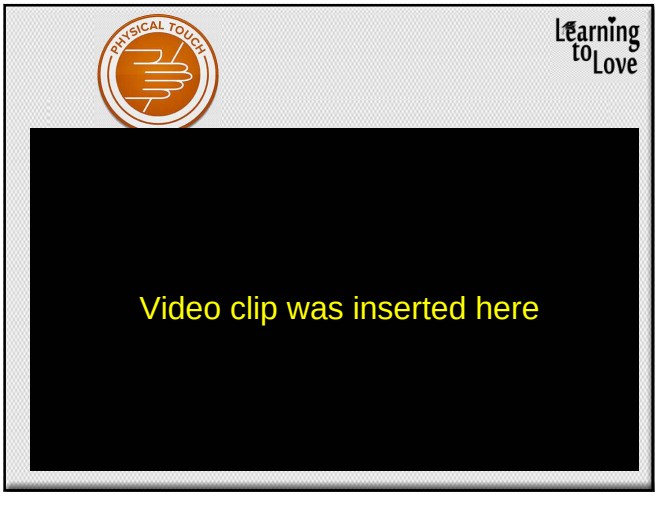
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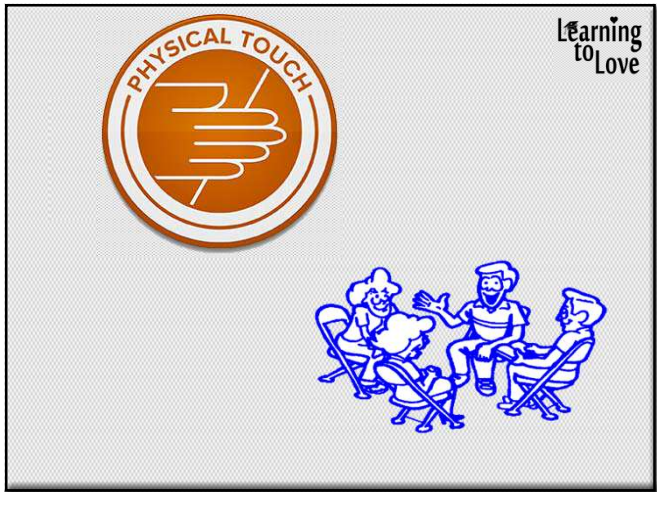
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Learning to Love

Summary

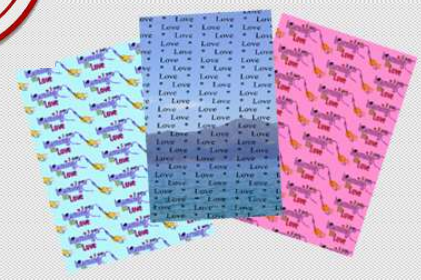


31



Learning to Love

Gift Wrapping Paper



32

Learning to Love

Learning to Love Lesson 39

Be faithful unto death

- (Song of Songs 8:6-7) Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame. 7) Many waters cannot quench love, neither can the floods drown it.

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33

Learning to Love

Discussion: Faithfulness

- What can we do to maintain fidelity (faithfulness) in our relationships (friendships, marriage, etc.)



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Learning to Love

Learning to Love Lesson 40

Never stop loving…

- (Colossians 3:14 & 1 Corinthians 13:8 are in your green handout booklet)
- (Proverbs 3:3) Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

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Learning to Love

Question Time

Housekeeping …



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36

Another seminar to follow



With Owen Adamson
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Determining Your Own Love Language



The easiest way to begin discovering our love language is by asking ourselves, "Which of these actions, when applied to me, makes me feel most loved?"

1. Words of Affirmation ☐
2. Quality Time ☐
3. Giving/Receiving Gifts ☐
4. Acts of Service ☐
5. Physical Touch ☐



Often we find ourselves speaking what we need. So therefore another way to discover our own love language is by asking ourselves these questions:

How do I express love to others?

1. Words of Affirmation ☐
2. Quality Time ☐
3. Giving/Receiving Gifts ☐
4. Acts of Service ☐
5. Physical Touch ☐



What do I complain about the most?

1. Words of Affirmation ☐
2. Quality Time ☐
3. Giving/Receiving Gifts ☐
4. Acts of Service ☐
5. Physical Touch ☐



What do I request most often?

1. Words of Affirmation ☐
2. Quality Time ☐
3. Giving/Receiving Gifts ☐
4. Acts of Service ☐
5. Physical Touch ☐



(Write additional notes overleaf)

— Notes —

Love Language #1 - Words of Affirmation

Verbal compliments and affirming words are far greater motivators for another to reciprocate and do something you'd like, than are nagging words.

Verbal compliments:

- o I really appreciate you running to the store for me when I had to finish that project
- o Encouraging words:
- o Requires empathy and seeing the world from your spouse perspective
- o You are a great writer…. You have to submit this to some magazines.

Kind words:

- o Use kind tone of voice (vs snarling or sarcastic)
- o I would be delighted to wash the dishes tonight (say in loving tone to reflect your love for the person, even if it's not your first desire).
- o A soft answer turns away anger. (Proverbs 15:1)
- o Love doesn't keep score of wrongs. We cannot erase the past. We can only confess it and agree that it is wrong. We can ask for forgiveness and try to act differently in the future.
- o Forgiveness is not a feeling; it is a commitment. It is a choice to show mercy, not to hold the offense up against the offender. It is an expression of love.

Humble words:

- o Love makes requests, not demands. We cannot get emotional love by way of demand.
- o "Could you make that good pasta one of these nights?" Is more effective than "Can't we ever have a decent meal around here."

Activity: Watch the video clip and discuss as a group ways to demonstrate this love language.

(Write your notes overleaf)

Homework

- o If words of affirmation is not your primary love language and it is your spouse's and you need help, keep a notebook and record words of affirmation that you read or hear during days.
- o Bonus: say something positive about your spouse in front of others
- o Practise giving verbal appreciation and suspending complaints.
- o Practise accepting compliments - Thank you for saying that.

Your Turn

- o What would you most like to hear your spouse say to you?

— Notes —

Love Language #2 - Quality Time

Focused Attention

- o Giving someone your undivided attention (not just sitting on couch watching TV together!)
- o Putting mobile phone/tablet away when talking
- o Spend time together in common activity

Quality Conversation

§ Focus on what we are hearing. Genuine desire to understand your thoughts, feelings and desires.
§ They want compassion and sympathy, not advice (unless specifically requested)
§ Tips:
Maintain eye contact when spouse talking
Don't multi task when spouse talking
Listen for feelings and what emotion spouse is experiencing. Ie It sounds to me like you are feeling disappointed because I forgot
Observe body language
Refuse to interrupt

Learning to Talk – revealing yourself.

"I wish my husband would talk. I never know what he is thinking or feeling", is a plea for intimacy.

Self-revelation is hard for many people, especially those who have learned to deny their feelings since young.

If you need help, start noting your feelings in a notepad throughout the day, along with a couple words describing the event.

Remember, emotions themselves are neither good nor bad. They are simply our psychological response to the events of life.

Minimum daily requirement – a daily sharing time where you talk about 3 things that happened to you that day and how you feel about them.

Quality Activities

Key ingredients are:

At least one of you wants to do it
The other is willing to do it
Both of you know why you are doing it – to express love by being together.

Activity: Watch the video clip and discuss as a group ways to demonstrate this love language.

(Write your notes overleaf)

Homework

What in your marriage detracts from spending quality time?

Include a daily sharing time where you talk about 3 things that happened to you that day and how you feel about them.

— Notes —

Love Language #3 - Receiving Gifts

"Look, he was thinking of me." Symbol of love.

Spending vs saving orientation (savers may have to work hard at understanding the emotional need being met and ultimate benefit if spouse primary language is receiving gifts. Giving gift may be the best investment.)

Cost of gift matters little (as long as in line with what you can afford)

Gifts may be purchased, found or made.

The gift of self - your presence.

Activity: Watch the video clip and discuss as a group ways to demonstrate this love language.

(Write your notes overleaf)

Homework

- o Reflect on ways to give gifts even if finances are tight
- o Do it!

— Notes —

Love Language #4 – Acts of Service

May require re-examining our stereotypes of the roles of husbands and wives.
Actions speak louder than words if this is your love language.
Seldom do couples have the same love language.

Key observations:

o What we do for each other before marriage (when "in love") is no indication of what we will do after marriage (when type of love changes).

o Love is a choice and cannot be coerced. Requests work much better than demands.

o People tend to criticize their spouse most loudly in the area where they themselves have the deepest emotional need.

Doormat? or Lover?

o Manipulation by guilt ("if you were a good spouse you'd do this for me"), or
o Coercion by fear ("you will do this or you will be sorry),
are not acts of love. Do not use as a way to obtain acts of service.

Activity: Watch the video clip and discuss as a group ways to demonstrate this love language.

(Write your notes overleaf)

Homework

o Many acts of service will involve household chores, but not all. What are some non-chore way of serving your spouse?

— Notes —

Love Language #5 - Physical Touch

Physical touch communicates love, as proven by research that shows babies who were held, stroked and kissed develop a healthier emotional life than those without physical contact.

Only touch in ways and time that your partner is comfortable with. Our bodies are for touching but not abuse.

Different people/cultures have different comfort levels with physical touch.

If your spouse's primary love language is physical touch, nothing is more important than holding her/him if she/he cries.

Running a hand through hair, giving a back rub, holding hands in public, embracing, sexual intercourse - all of these and other "love touches" are the emotional lifeline of the person for whom physical touch is the primary language.

Note - men often have a higher sex drive, but that is quite different from their emotional need to feel loved. And it alone does not indicate that physical touch is their primary love language. Look for other signs too!

Activity: Watch the video clip and discuss as a group ways to demonstrate this love language.

(Write your notes overleaf)

Homework

o Recall some nonsexual "touching times" that enhanced intimacy between the two of you. What made these times special?

— Notes —

Love in the Home

The Family Version of 1 Corinthians 13

If I live in a house of spotless beauty with everything in its place, but have not love, I am a housekeeper — not a homemaker.

If I have time for waxing, polishing, and decorative achievements, but have not love, my children learn cleanliness — not godliness.

Love leaves the dust in search of a child's laugh.

Love smiles at the tiny fingerprints on a newly cleaned window.

Love wipes away the tears before it wipes up the spilled milk.

Love picks up the child before it picks up the toys.

Love is present through the trials.

Love reprimands, reproves, and is responsive.

Love crawls with the baby, walks with the toddler, runs with the child, then stands aside to let the youth walk into adulthood.

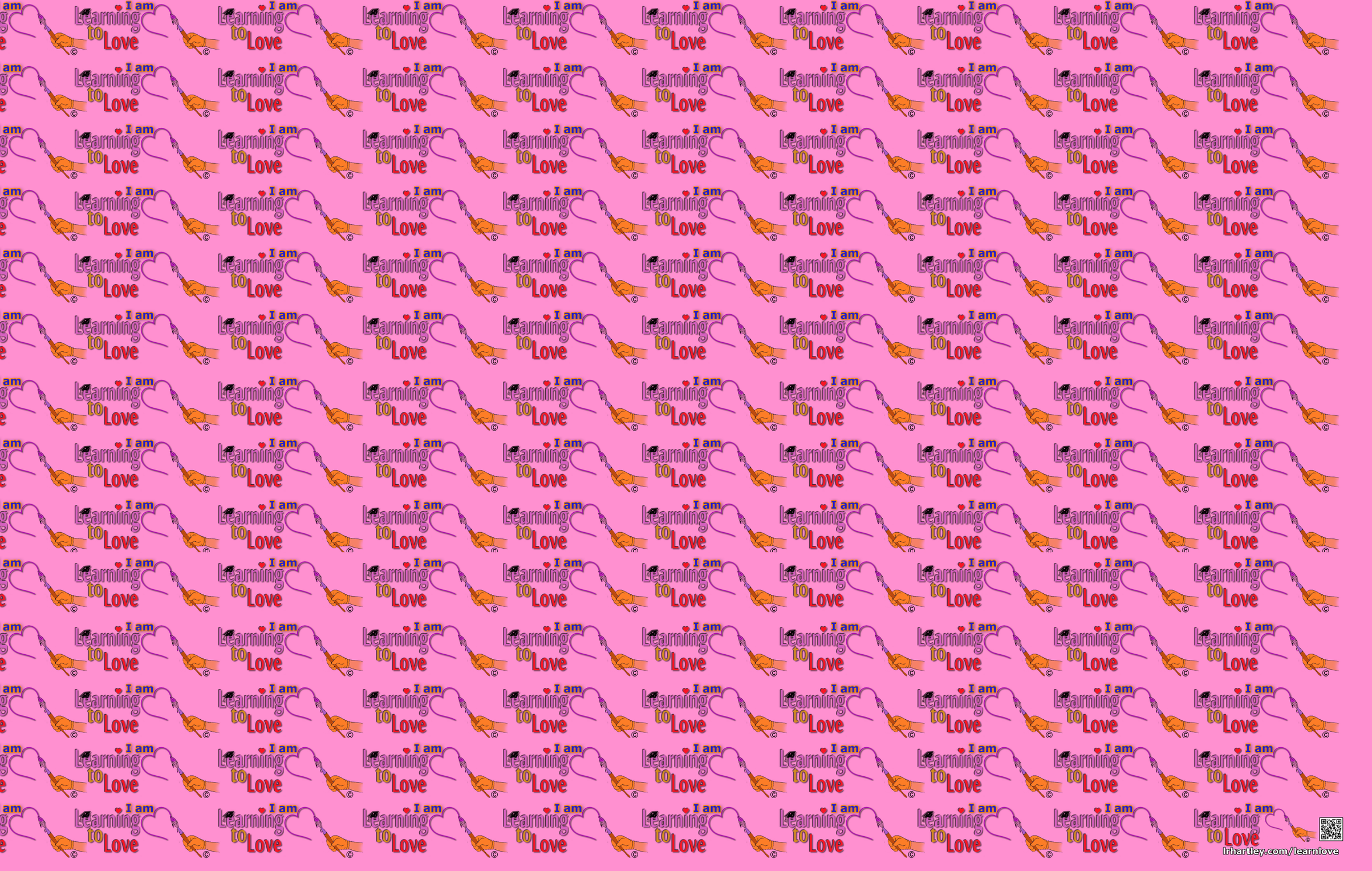
Love is the key that opens salvation's message to a child's heart.

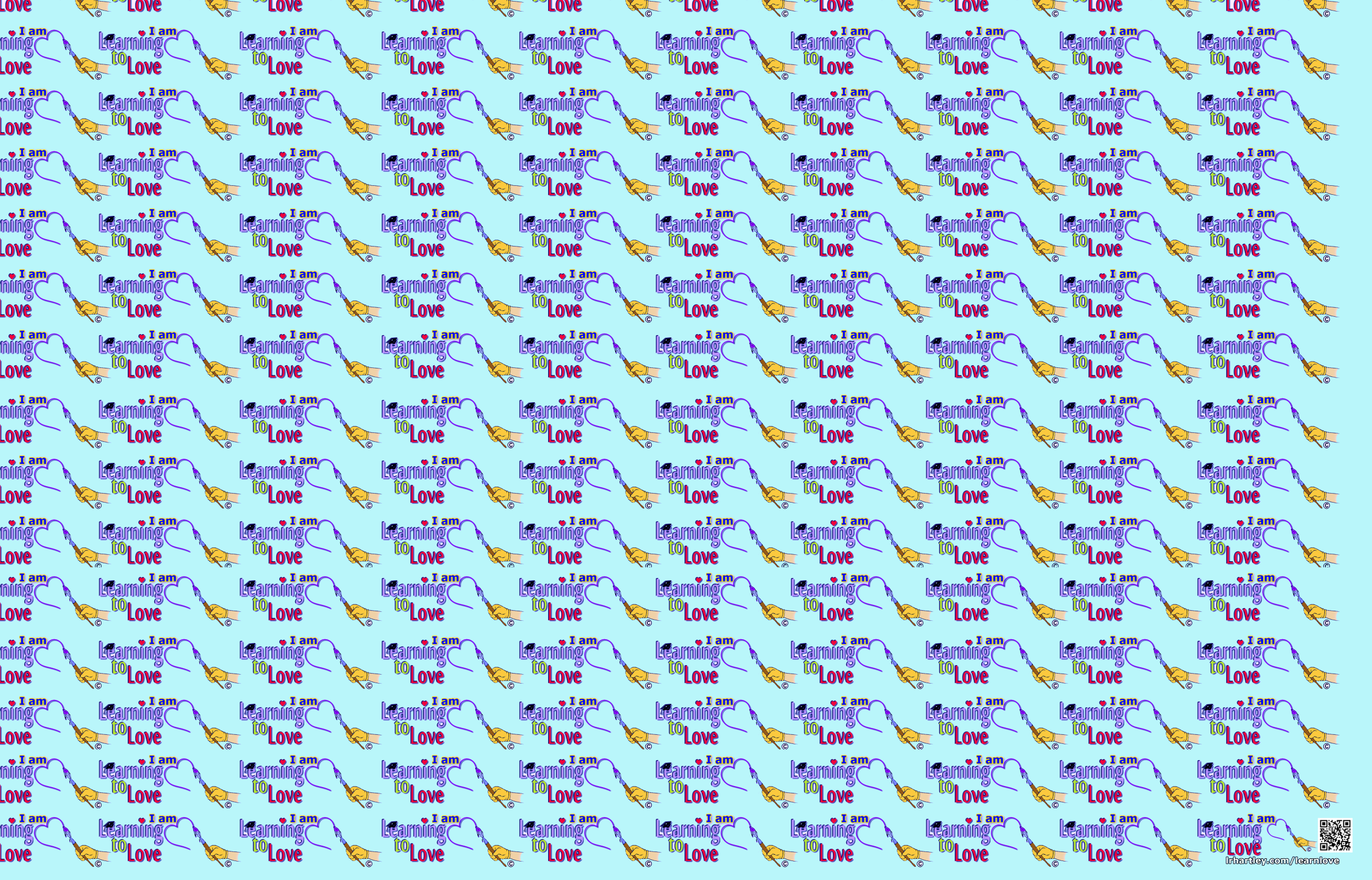
Before I became a parent I took glory in my house of perfection.

Now I glory in God's perfection of my child.

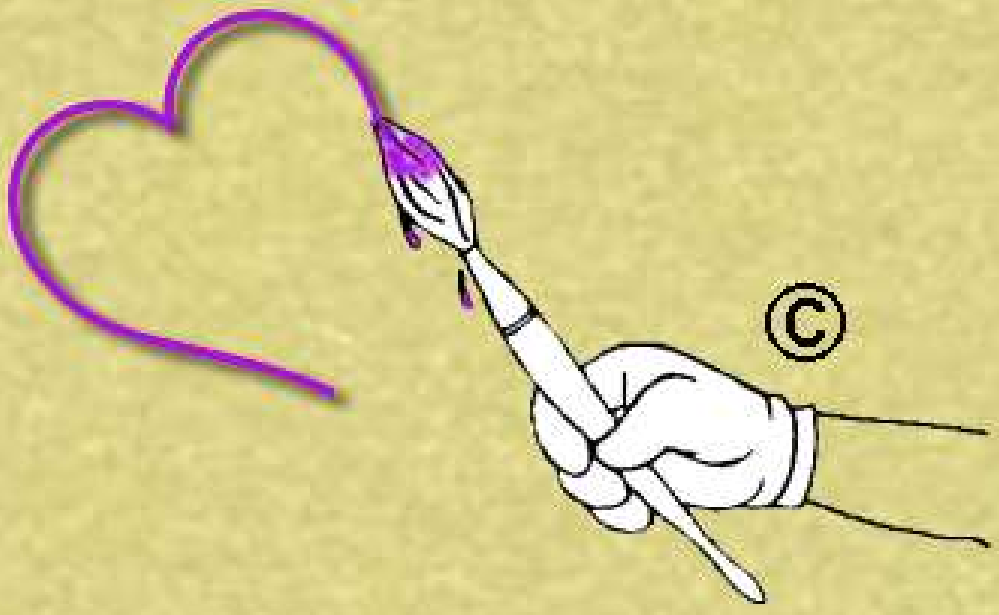
As a parent, there is much I must teach my child, but the greatest of all is love.

Learning to Love


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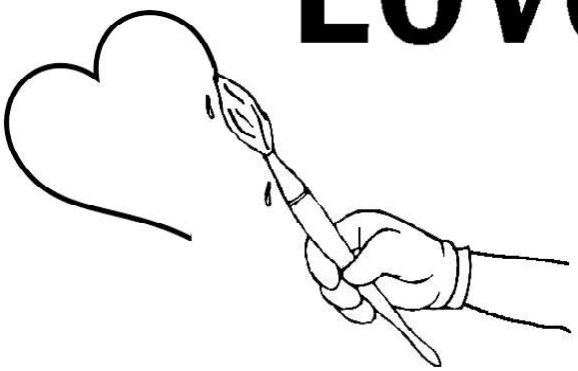

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Learning to Love



Lionel Hartley, PhD

Learning to Love



Lionel Hartley, PhD

Learn to love appropriately.
(Philippians 1:10 From *The Message*)



Love is a learned behaviour. The greatest thing that you will ever experience is to be loved and the greatest thing that you will ever learn is how to love. If you don't learn how to love, someone will surely teach you how to hate.
Do you wish to be the perfect spouse, lover, parent, colleague, pal, comrade, neighbour, companion, buddy, friend?
Right now is the time to learn to love.

Here are a forty simple biblical ways that we can love...

1. Listen Without Interrupting

A fool takes no pleasure in understanding, but only in expressing personal opinion. If one gives answer before hearing, it is folly and shame (Proverbs 18:2,13).

2. Speak Without Accusing

You must understand this, my beloved: let everyone be quick to listen, slow to speak (James 1:19).

3. Converse Without Negativity

The mouths of fools are their ruin, and their lips a snare to themselves. Death and life are in the power of the tongue (Proverbs 18:7,21).

4. Answer Without Arguing

Better is a dry morsel with quiet than a house full of feasting with strife (Proverbs 17:1).

5. Discuss Without Quarrelling

Then he [Joseph] sent his brothers on their way, and as they were leaving he said to them, "Do not quarrel along the way" (Genesis 45:24).

6. Speak Without Harshness

Those who love a pure heart and are gracious in speech will have the king as a friend (Proverbs 22:11).
A soft answer turns away wrath, but a harsh word stirs up anger (Proverbs 15:1).

7. Give Without Sparing

All day long the wicked covet, but the righteous give and do not hold back (Proverbs 21:26).

... Remembering the words of the Lord Jesus, for he himself said, "It is more blessed to give than to receive" (Acts 20:35).

8. Provide Without Resentment

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus (Philippians 2:3-5).

9. Help Without Procrastinating

Through sloth the roof sinks in, and through indolence the house leaks (Proverbs 11:8).

10. Forbear Without Grudging

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, [and] endures all things (1 Corinthians 13:4-7).

11. Share Without Pretending

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another (Ephesians 4:25).

Then she said to him, "How can you say, 'I love you,' when your heart is not with me" (Judges 16:15)?

12. Enjoy Without Complaining

Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world (Philippians 2:14,15).

13. Praise Without Condescension

Ah, you are beautiful, my love; ah, you are beautiful. (Song of Songs 1:15).

How beautiful you are, my love, how very beautiful (Song of Songs 4:1)!

14. Be Patient Without Cruelty

With patience, bearing with one another in love (Ephesians 4:2).

With patience a ruler may be persuaded (Proverbs 25:15).

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another (Colossians 3:12-13).

15. Support Without Wearying

Bear one another's burdens, and in this way you will fulfil the law of Christ. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith (Galatians 6:2, 9,10).

16. Forgive Without Punishing

Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony (Colossians 3:13, 14).

17. Yield Without Remembering

[love ...]endures all things (1 Corinthians 13:7).

18. Express Displeasures Without Sinning

Be angry but do not sin; do not let the sun go down on your anger (Ephesians 4:26).

The Lord is slow to anger, and abounding in steadfast love (Numbers 14:18).

19. Disagree Without Being Disagreeable

Live in harmony with one another; do not be haughty, ... do not claim to be wiser than you are (Romans 12:16).

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind (1 Peter 3:8).

20. Be Honourable Without Negotiation

To do righteousness and justice is more acceptable to the Lord than sacrifice (Proverbs 21:3).

21. Trust Without Wavering

[Love] bears all things, believes all things, hopes all things, endures all things (1 Corinthians 13:7).

22. Promise Without Forgetting

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life (Proverbs 13:12).

When you make a vow ... do not delay fulfilling it; for [God] has no pleasure in fools. Fulfil what you vow. It is better that you should not vow than that you should vow and not fulfil it (Ecclesiastes 5:4-5).

23. Keep Confidences Without Betrayal

Do not disclose another's secret or else someone who hears you will bring shame upon you, and your ill repute will have no end (Proverbs 25:9,10).

24. Be Honest Without Deceit

But speaking the truth in love, we must grow up in every way into him who is the head, into Christ. ... So then, putting away falsehood, let all of us speak the truth to our neighbours (Ephesians 4:15, 25).

25. Become Besotted Without Alcohol

Let him kiss me with the kisses of his mouth! For your love is better than wine (Song of Songs 1:2).

Enjoy life with the wife whom you love (Ecclesiastes 9:9).

Rejoice in the wife of your youth ... may you be intoxicated always by her love (Proverbs 5:18, 19).

26. Touch Without Demanding

Oh that his left hand were under my head, and that his right hand embraced me! (Song of Songs 2:6).

Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. May her breasts satisfy you at all times; may you be intoxicated always by her love (Proverbs 5:18, 19).

27. Be Faithful Without Compromise

My beloved is mine and I am his (Song of Songs 7:10).

I am my beloved's, and his desire is for me (Song of Songs 2: 16).

Drink water from your own cistern, flowing water from your own well. Should your springs be scattered abroad, streams of water in the streets? Let them be for yourself alone, and not for sharing with strangers. Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. May her breasts satisfy you at all times; may you be intoxicated always by her love. Why should you be intoxicated, my son, by another woman and embrace the bosom of an adulteress? For human ways are under the eyes of the Lord, and he examines all their paths (Proverbs 5:15-21).

28. Keep Faith Without Ceasing

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you (James 1:5).

Pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you (1 Thessalonians 5:17-18).

29. Rejoice Without Reservation

Rejoice in the wife of your youth (Proverbs 5:18).

Rejoice in the Lord always; again I will say, Rejoice (1 Thessalonians 5:16).

Rejoice always (Philippians 4:4).

30. Love Without Limits

Each of you ... should love his wife as himself, and a wife should respect her husband (Ephesians 5:33).

31. Encourage Without Flattery

Therefore encourage one another and build up each other. (1 Thessalonians 5:1)

32. Keep Confidences without Gossipping

A time to keep silence, and a time to speak.(Ecclesiastes 3:7b) One who spares words is knowledgeable; one who is cool in spirit has understanding. Even fools who keep silent are considered wise; when they close their lips, they are deemed intelligent. (Proverbs 17:27, 28 NRSV)

33. Forgive Without Punishing

Bear with one another and, if anyone has a complaint against another, **forgive each other**; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. (Colossians 3:13, 14) Remember ye not the former things, neither consider the things of old.(Isaiah 43:18) And their sins and iniquities will I remember no more. (Hebrews 10:17)

34. Spend Time Together Without Keeping a Record of It

Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again. (1 Corinthians 7:5)

35. Comfort With Compassion Not Sympathy

As God's chosen ones, holy and beloved, clothe yourselves with compassion… (1 Thessalonians 5:11) Wherefore comfort yourselves together, and edify one another, even as also ye do. (Colossians 3:12)

36. Pray Without Ceasing

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. (James 1:5) **Pray without ceasing**, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.(1 Thessalonians 5:17-18)

37. Remember the Precious Moments

But thou shalt remember the Lord thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day. (Deuteronomy 8:18) **Remember the days of old**, consider the years of many generations: ask thy father, and he will show thee; thy elders, and they will tell thee. (Deuteronomy 32:7) Some trust in chariots, and some in horses: but we will remember the name of the LORD our God. (Psalms 20:7) Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth. (Psalms 143:5) I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. (Psalms 105:5)

38 Know the Other's Love Language

So this is my prayer: that your love will flourish and that you will not only love much but well. **Learn to love appropriately.** You need to use your head and test your feelings so that your love is sincere and intelligent, not sentimental gush. Live a lover's life, circumspect and exemplary, a life Jesus will be proud of: bountiful in fruits from the soul, making Jesus Christ attractive to all, getting everyone involved in the glory and praise of God . (Philippians 1:9-11 From *The Message*)

39. Be Faithful Unto Death.

Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame. **Many waters cannot quench love, neither can the floods drown it**. (Song of Songs 8:6-7)

40. Never stop loving...

You will find Colossians 3:14 and 1 Corinthians 13:8 in the booklet. However here is another verse specifically for this supplement: Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. (Proverbs 3:3)

Finally, never, ever, stop loving

...Above all, clothe yourselves with love, which binds everything together in perfect harmony (Colossians 3:14). Love never ends (1 Corinthians 13:8).

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